

## Preventive prescription drug list for PDL 10



The following list of prescription medications, over-the-counter (OTC) medications and supplies may be covered under your plan as part of the Affordable Care Act (ACA). Benefits for the items listed here are covered at no cost to you when they are obtained from a Blue Cross and Blue Shield of Nebraska (BCBSNE) network pharmacy provider, subject to the gender, age and frequency limits indicated, not to exceed the plan's retail or mail order day supply limit.

For OTC products to be processed as in-network at no cost to you, you will need to obtain a prescription from your health care provider. OTC items must be purchased at the pharmacy counter instead of the retail store's cashier.

To confirm if your plan's benefits are subject to this list, please call the Member Services number on the back of your member ID card.

- **Aspirin:** OTC (male ages 50-59 and female ages 50-59 for cardiovascular disease; pregnant women at risk for pre-eclampsia ages 13-59)
  - Aspirin tabs 81 mg
  - Aspirin chewable tabs 81 mg
  - Aspirin tab delayed release 81 mg
- **Breast Cancer Primary Prevention:** Women at risk of certain types of cancer; ages 35 and older
  - Anastrozole
  - Exemestane
  - Letrozole
  - Tamoxifen or Raloxifene
- **Colonoscopy Bowel Preparation Medication:** Generic bowel prep medication will be covered for members aged 45 and older.
  - Gavilyte-C
  - Gavilyte-G
  - Gavilyte-N flavor pack
  - Peg-3350/NaCl/NA Bicarbonate/KCL
  - Peg-3350/Electrolyte
  - Trilyte
- **Contraceptive Medications and Supplies:**
  - Visit [NebraskaBlue.com/Prevent](http://NebraskaBlue.com/Prevent) to see the separate Contraceptive Drugs and Methods Pharmacy List flier for a complete list of contraceptives covered at no cost to you.
- **Fluoride:** Prescription (ages 6 months to 16 years; through age 15)
  - Sodium fluoride
  - Sodium fluoride chewables
  - Sodium fluoride tabs
- **Folic Acid:** OTC (women/pregnant women)
  - Folic acid capsules 0.8 mg
  - Folic acid tabs 400 mcg
  - Folic acid tabs 800 mcg
- **HIV Prep:** (The United States Preventive Services Task Force recommends that clinicians offer pre-exposure prophylaxis (PrEP) with effective antiretroviral therapy to persons who are at high risk of HIV acquisition)
  - Emtricitabine and Tenofovir disoproxil fumarate 200mg - 300 mg (Truvada)
- **Immunizations/Vaccines:**
  - Routine/preventive immunizations recommended by the Advisory Committee on Immunization Practices of the Center for Disease Control and Prevention for infants, children, adolescents and adults.
- **Iron Supplements:** Prescription and OTC (ages 6-12 months)
  - Iron chewable tabs 15 mg
  - Iron susp 15 mg/1.5 ml
  - Iron susp 15 mg/1.25 ml
- **Statins:** For use of primary prevention of cardiovascular disease in adults ages 40 to 75. Limited to a quantity of one per day.
  - Lovastatin 20mg
  - Lovastatin 40mg
  - Pravastatin 10mg
  - Pravastatin 20mg
  - Pravastatin 40mg
  - Pravastatin 80mg
- **Tobacco Cessation:** Limited to one method per 180 days
  - Prescription Medications**
    - Buproban 150mg extended-release tablet
    - Bupropion hydrochloride 150mg Sustained-release tablet
    - Varenicline tartrate
    - Nicotrol 10mg inhaler
    - Nicotrol NS 0.5mg/actuation nasal spray
    - Zyban 150mg sustained-release tablet
  - OTC Medications**
    - Nicotine chewing gum
    - Nicotine lozenges
    - Nicotine patches

Effective June 1, 2022

**Questions?** If you have questions about this list or your prescription drug benefits, please call the number on the back of your member ID card.